

# Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County  
Clark County Health Department • Tobacco Prevention and Education Program

Issue 61

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

June 2005

## C-Tran Makes Strides to Protect Riders From Secondhand Smoke

A big "thank you" goes out to C-Tran, Clark County's regional bus system, for protecting its riders by implementing a secondhand smoke policy at its shelters. According to C-Tran's Public Information Director Scott Patterson, signs went up in all shelters soon after the April 2004 decision, asking riders: "Out of courtesy to others, please refrain from smoking." Signs are directly above the benches in the shelters, near the top. Last year the C-Tran Board of Directors heard testimony from a citizen requesting that smoking be prohibited in shelters and on the bus mall. Since implementing the policy, C-Tran has not heard any complaints from riders or citizens about the request not to smoke inside shelters, according to Patterson. Shelters are cleaned and maintained regularly and signs repaired or replaced, if needed. Anyone seeing a sign missing or in need of repair is asked to report it to C-Tran: 360.696.4494.



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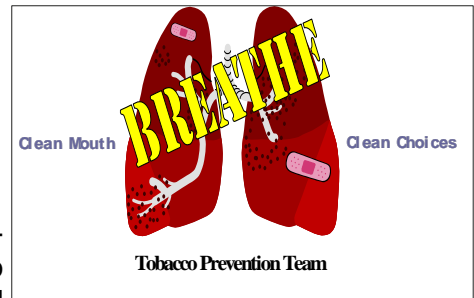
Michael Brown presents certificate to AMF manager Scott Borgomainerio



Ciggy Buttz finds bowling difficult

## Celebrating World No Tobacco Day with Smoke-free Bowling

BREATHE, the Tobacco Free Coalition of Clark County youth tobacco prevention group celebrated World No Tobacco Day on May 31 with a Smoke-free Bowling event at AMF Timber Lanes in Vancouver. Michael Brown, a two-year member of BREATHE, presented a certificate to AMF Timber Lanes' general manager Scott Borgomainerio, thanking him for his commitment to keep the bowling center smoke-free during league play on Wednesdays and Saturdays this past season, and for keeping it smoke-free on Tuesdays through the summer. "We're presenting this award to Timber Lanes because you're going smoke free...it's important because of the harmful chemicals in secondhand smoke and this is not just an adult environment, it's a children's environment...it's a step toward a safer environment for youth," said Brown as he presented the award to Borgomainerio. According to Borgomainerio, the Wednesday evening adult bowling league was their most popular league this past season. Saturday mornings were also kept smoke-free when youth leagues played. Borgomainerio has found that many of the adults in their summer league have voiced a desire to bowl in a smoke-free place, as well. AMF Timber Lanes is located at 2306 NE Andresen Road in Vancouver.





Each month, Tobacco Tid-Bits dishes up details on a local smoke-free restaurant listed in the [Guide to Smoke Free Dining in Southwest Washington](#). This month we feature Bacchus, located in the Southview retail center in east Vancouver. Bacchus features fine dining, live music with a dance floor in the bar, and a spectacular view of Portland city lights. Completely smoke-free since opening 4 years ago, owner Lloyd Taylor is proud to claim Bacchus as the only smoke-free venue featuring live music in the metro area. Recently, the popular northwest band, "5 Guys Named Moe" played there on a Friday night. The band has played outdoor concerts and festivals for years but the only indoor venue they will play is Bacchus, because it is smoke-free. "We've become extremely popular, especially on Friday and Saturday nights," said Taylor. "A third of our parking lot is filled with cars bearing Oregon plates. Smoking just doesn't fit with the atmosphere we want to promote." Bacchus is located at 3200 SE 164th Ave., #204. 360.882.9672.

### Barfboro Van Visits La Center

The World Famous Barfboro Barfing Team visited La Center Middle School recently with their Barf Mobile. Erik Vidstrand, aka "Barfman and Captain of the Barfboro Barfing Team," has been active in reducing tobacco use for over a decade by creatively counteracting Marlboro and other cigarette company promotions. It is a part of Northwest DOC (Doctors Ought to Care), using ridicule and humor to win over youth while reducing demand for the most popular cigarette among children. Erik is also a full time employee at the



Multnomah County Health Department in Portland. The Barfing Team held an assembly to show students how tobacco companies try to influence kids to use their products. "He was wonderful and used a lot of humor to inspire the kids to fight tobacco companies, said Cathy den Boer, Prevention/Intervention Specialist with ESD 112. "He spent several periods with the prevention club and also gave out goodies like trading cards and barf bags. He was really cool!!!" Erik felt the same way, "The students in the prevention club were fantastic and enthusiastic!" Contacts [Cathy den Boer](#) and [Erik Vidstrand](#).

### Kick Butts Day Butt Pick-up



The prevention club at La Center Middle School celebrated Kick Butts Day with a cigarette butt clean up around the city of La Center. They picked up over a thousand cigarette butts and presented them to the city's public works director Jeffrey Sarvis who took them to the City Council meeting that night. "They were very very impressed!," said Cathy den Boer, Prevention/Intervention Specialist with ESD 112. "The City put a picture of the members on their web site. Salmon Creek Albertsons and Safeway donated

treats and we had a party after the pick up." The club also put on an art contest distorting tobacco advertising. The winner received a \$50 gift card from Blockbuster Video. The artwork is being printed on t-shirts and post cards with money received from the Southwest Washington Media Literacy Partnership. The post cards will be distributed to prevention club members to leave at restaurants and businesses to either thank them for having a smoke-free environment or to ask them to make it smoke-free.

**Tobacco Prevention & Control Program**  
**Clearinghouse**

**360-236-3966**  
[tobacco.clearing@doh.wa.gov](mailto:tobacco.clearing@doh.wa.gov)

**Tobacco Clearinghouse Items**

The Washington State Department of Health is now stocking three new publications from Journeyworks in the Clearinghouse:

- "Help Your Teen Quit Smoking" pub# JW5320
- "The Truth About Cigars" pub# JW5105
- "How to Help a Friend or Family Member Quit Smoking" pub#

JW5258. For the summer they also have an UnfilteredTV.com "maze" pen that will not be a regular stocked item and a limited quantity of "Fight Your Urge to Smoke" banners and posters available. Send your Clearinghouse orders to: [tobacco.clearing@doh.wa.gov](mailto:tobacco.clearing@doh.wa.gov) or contact Jennifer Dodd at: 360.236.3966.

**Governor Saves Tobacco Prevention Budget**

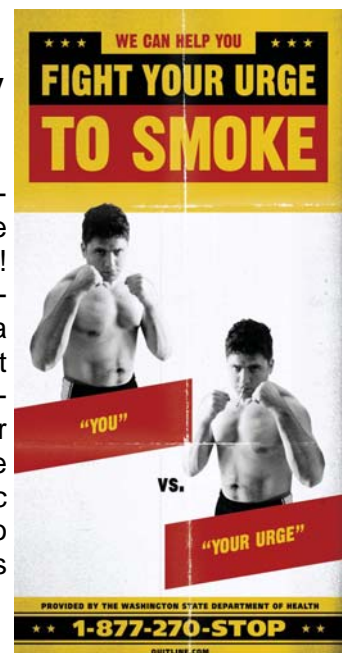
Governor Christine Gregoire showed her commitment to protecting Washington's kids from tobacco last month by saving the state's tobacco prevention program from a severe funding cut. The Governor used her line-item veto power on the budget to prevent \$13.9 million from being diverted out of the program's funding. New revenue sources will be generated by taxes on cigarettes (.60 a pack), hard liquor and extended warranties. The tobacco prevention program has reduced youth smoking by 50% in the state since 1998.



**Quit Line Receives Record Number of Monthly Calls**

The total calls to the Washington [Quit Line](#) for the month of April were 1,945! That is the most calls received by the Quit Line in a single month since the Quit

Line began in 2000. The former record was 935, set in March. The Quit line averages 450 calls a month. Of those calls in April, 35% were from the 18-30 year old age group. The Washington Department of Health recently implemented the "Stick it to kick it" campaign targeting this age group at the gas pump with static window cling stickers with the message, "We can help you fight your urge to smoke." The new Quit Line window cling stickers can be found at 8 gas stations in Vancouver, one in Battle Ground and one in Stevenson.



**Smoking Won't Make Young Girls Thin**

Contrary to popular belief, young women are more likely to gain **-not lose** - weight if they start smoking. Researchers at Glasgow University in Scotland studied 1,000 women ages 16 to 24 and concluded that not only does smoking *not* control weight gain by suppressing appetite, it gives women a flabby midsection by damaging muscle tissue. This damage also disrupts the ability of muscle to burn fat, scientists said. By measuring body-mass index, waist size, and hip circumference, the researchers concluded that about half of the women in the study were obese, and that smokers' waists expanded more rapidly than nonsmokers'. The study was published in the February 2005 issue of the [International Journal of Obesity](#).

**Fertility Harmed by Secondhand Smoke, Researchers Say**

Women trying to get pregnant may be less likely to succeed if they are exposed to secondhand smoke, according to new research findings. A study of 225 women seeking fertility treatment found that smokers and nonsmokers who lived with a smoker were half as likely to get pregnant as nonsmokers who did not live with a smoker. The study group included 39 smokers, who smoked an average of 11 cigarettes per day, as well as 40 smokers who lived with other smokers and 146 women who did not smoke and lived with nonsmokers. The research was published in the journal [Human Reproduction](#)

## Statewide Summit to Focus on Eliminating Tobacco Use among Hispanic/Latino Communities

**June 8-9 - Eliminating Tobacco Use: The Key to Healthy Hispanic Families -** The Washington Association of Community and Migrant Health Centers (WACMHC), is hosting the Washington State Latino Summit at The Radisson (formerly Prime) Hotel, International Blvd, Seattle, WA 98188.

Summit goals include:

- Motivate public health and leaders to prevent and eliminate tobacco use among the Hispanic/Latino community.
- Share culturally appropriate tobacco prevention programs and methods of working with the Hispanic/Latino community.
- Initiate collaborations within and between counties.

Contact: [Jamie Zentner](#), Sea Mar Community Health Center 360.566.4403

### 2005 Washington State Prevention Summit

**October 20-22** - Yakima Convention Center. Early Registration: \$150 Adults; \$35 Youth / Students. On-Site Registration: \$200 Adults; \$50 Youth / Students.

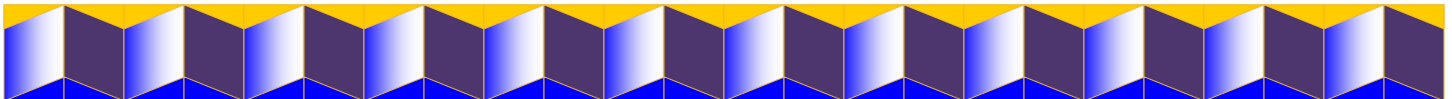
Invited Presenters: Beverly Watts Davis - Director Center for Substance Abuse Prevention, Eric Liu - Author Guiding Lights: The People Who Lead Us Toward Our Purpose in Life, Allison Porter - Miss Washington, LaMar Hudson - Inspirational Speaker "A Positive Message For Life," Donald Vereen - M.D. Special Assistant to the Director, National Institute on Drug Abuse.

Registration information will be mailed Summer 2005.

For more information, contact the DASA Training Section at 1-877-301-4557 or visit the DASA website at <http://www1.dshs.wa.gov/dasa/>

### Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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## Calendar of Events

- 6/1** **Regional Tobacco Contractor's** meeting, 10 -1 PM, ESD 112. Contact: [Deb Drandoff](#) ESD 112, 360.750.7500 x 303
- 6/2** **Secondhand Smoke Task Force**, 1:30-3 PM, Clark County Health Department Garden Conference Room. Contact: [Theresa Cross](#), 360.397.8215 x 3178
- 6/9** **Tobacco Free Coalition of Skamania County** meeting. 3:30-5 PM, Skamania Events & Recreation's Rock Creek Center, Contact [James Lanz](#) 360.397.8416
- 6/11** **Clark County Youth Spring Fest**, 11 AM -10 PM Marshall Community Center - 1009 E. McLoughlin Blvd. Evergreen School District's Teens Against Tobacco Use (TATU) group will have a display. Contact: Clark County Department of Community Services 360.397.2075 x 5199
- 6/16** **Cessation Task Force** Meeting, 2:30-4 PM Garden Conference Room, Clark County Health Department Contact [James Lanz](#) 360.397.8416
- 6/20** **CMASA Board meeting** 3:30 PM, Stevenson High School. Contact: [Brian Howe](#) 509.427.5631

Please [let us know](#) about your tobacco related events so we can post them here.

## Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: [www.ash.org](http://www.ash.org)
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: [www.no-smoke.org](http://www.no-smoke.org)
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: [www.americanlegacy.org](http://www.americanlegacy.org)
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: [www.tobaccofreekids.org](http://www.tobaccofreekids.org)
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: [www.champss.org](http://www.champss.org)
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): [www.chewfree.com](http://www.chewfree.com)
- [Cuidar de su Salud](#) (Take Care of Your Health), provides tailored prevention messages and health information for Hispanic/Latino Americans, as well as Spanish speakers worldwide: [www.yourdiseaserisk.harvard.edu/spanish/](http://www.yourdiseaserisk.harvard.edu/spanish/)
- [Join Together Online](#) - A pioneer in using the Internet to support people working on substance abuse issues: [www.jointogether.org](http://www.jointogether.org)
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: [www.unfilteredtv.com/o2magazine/index.php](http://www.unfilteredtv.com/o2magazine/index.php)
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: [www.americanlegacy.org/factclipboard](http://www.americanlegacy.org/factclipboard)
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: [www.housingconnections.org/Search.cfm](http://www.housingconnections.org/Search.cfm)
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: [www.SMOKEFREE.net](http://www.SMOKEFREE.net)
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: [www.smokefreefamilies.org](http://www.smokefreefamilies.org)
- [Smoke-free Restaurants in Washington](#). Washington State Department of Health web-based interactive map listing nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. [www.secondhandsmokesyou.com](http://www.secondhandsmokesyou.com). Click [Clark County](#) or [Skamania County](#) for local restaurants.
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: [www.TobaccoScam.ucsf.edu](http://www.TobaccoScam.ucsf.edu)
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: [www.QuitLine.com](http://www.QuitLine.com)
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: [www.unfilteredtv.com](http://www.unfilteredtv.com)